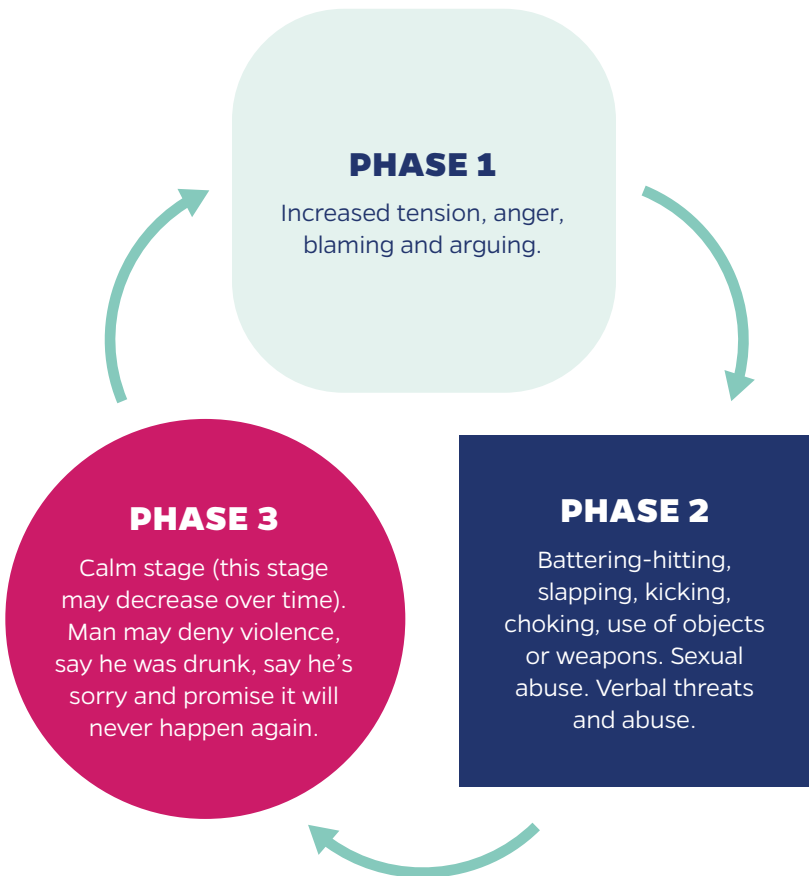


DOVE

Are You in a Cycle of Abuse?



Abuse and Pregnancy Outcomes



ABUSE AND PREGNANCY

- Abuse can happen **during pregnancy**
- Abuse may **start for the first time** during pregnancy
- **1 in 10 women** are abused (hit, kicked) during pregnancy
- Most women don't know that abuse during pregnancy **happens to other women**



OUTCOMES

WHAT CAN HAPPEN TO YOUR BABY

- Your baby may be born **too early**
- Your baby may **not weigh enough** at birth



WHAT CAN HAPPEN TO YOUR CHILDREN

- **Children who witness violence** may develop **physical or emotional problems** or have **trouble at school**.
- **Children may be hurt** if they accidentally get in the way or try to protect their mother. This problem gets **worse as the child gets older**.



WHAT CAN HAPPEN TO YOU

- You may feel **sad and blue** (*depressed*)
- You may feel **anxious and upset** (*nervous*)
- You may feel **alone and lonely** (*isolated*)
- You may feel **worthless** (*low self-confidence/self-esteem*)
- You may **smoke** more, **drink** more, or **use drugs**

No one deserves to be hurt!

Increased Danger

Abuse of women is common.



Women who have experienced abuse need to know that any of the following means their situation is becoming more dangerous:

- Abuse happens **more often** or is getting **rougher**
- Abuser **owns a gun**
- You **left/broke up** with abuser during past year
- Abuser is **unemployed**
- Abuser has **used a weapon on you** or **threatened you with a weapon**
- Abuser **threatens to kill you**
- Abuser has been **arrested for domestic violence**
- There is a child in the home that is **your child but not his**
- Abuser **forces sex**
- Abuser **tries to choke you**
- Abuser **uses drugs** such as crack, speed, or meth
- Abuser is an **alcoholic** or **problem drinker**
- Abuser **controls** most or all of **your activities**
- Abuser is **extremely jealous, suspicious, or possessive**
- Abuser **hits you** while you are **pregnant**
- Abuser **threatens to kill himself**
- Abuser **threatens to harm the children**
- You believe **he might kill you**
- Abuser **spies on you, follows you, destroys your property** or otherwise **stalks you**
- Have you ever **threatened or tried to commit suicide?**

Options

Every woman has choices.



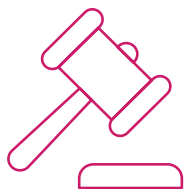
STAY WITH THE ABUSER

- Make a safety plan
- Call police if abused
- Attend battered women's support group/ intervention group
- Talk to domestic violence advocate
- Get him into drug or alcohol treatment



FILE CRIMINAL CHARGES

- Call the police
- Sends a message to the abuser that abuse will no longer be tolerated
- Police may arrest on the scene or after you file a warrant with local magistrate
- After arrest, abuser may be jailed, but more likely will be released on bond
- Released on bond is contingent on abuser's good behavior



PROTECTIVE ORDERS

- May prohibit further violent contact, or may remove abuser from home
- File with Juvenile and Domestic Relations court Intake officer
- If order is violated, you must contact court
- Your local shelter can help you with this process
- If abuser is removed, change all door locks
- Make a safety plan

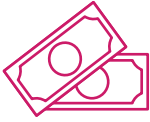


LEAVE THE ABUSER

- Go to a Battered Women's Shelter
- Other safe place (motel or with relatives or friends)

Safety Plan

TRY TO DO THE FOLLOWING:



Hide money



Hide extra set of house and car keys



Establish code with family and friends



Ask neighbor to call police if violence begins



Remove weapons



Hide bag with extra clothes



Talk to the children

HAVE AVAILABLE:

- ✓ Social security numbers (His, yours, children)
- ✓ Rent and utility receipts
- ✓ Birth certificates (Yours and children)
- ✓ Bank account numbers
- ✓ Insurance policies and numbers
- ✓ Marriage license
- ✓ Valuable jewelry
- ✓ Important telephone numbers

Resources Available

EMERGENCY 911

CRISIS LINE/SHELTERS

COUNSELING SERVICES

LEGAL SERVICES

**If you are abused or worried
about being abused, find someone
you can talk to.**

**Keeping the abuse a secret
only protects the abuser.**

National Domestic Violence Hotline

1-800-799-SAFE (7233)